

Coconut is a staple ingredient and widely used in Filipino cuisine. Popular Filipino food favorites, such as *ginataang gulay* (vegetables), fish or meat, Bicol express and *laing* (dried taro leaves), use thick coconut milk as a distinct ingredient.

A number of Filipino snacks also use coconut products, such as sweetened rice dishes - *biko*, *suman*, *bibingka*, *palitaw*, and *kutsinta*. Coconut is also incorporated in an array of Filipino desserts and sweets, such as buko pandan, buko salad, buko ice cream and coconut macaroons.

Many of the Filipino restaurants in British Columbia sell coconut-based foods. For a list of Filipino restaurants and other food establishments in B.C., [click here](#).

Ube Biko

Biko Sticky Rice Cake with Ube is a tasty snack or dessert the whole family will love. It's soft, chewy, and loaded with purple yam and coconut flavor.

Prep Time	Cook Time	Total Time
10 mins	1 hr 30 mins	1 hr 40 mins

Course: Dessert, Snack Cuisine: Filipino Keyword: biko with ube

Servings: 12 Servings Calories: 545kcal Author: Lalaine Manalo

Ingredients

- 1 cup coconut cream
- 4 cups glutinous rice
- 3 cups water
- 3 cans (13.5 ounces each) coconut milk
- 1 cup ube halaya
- 3/4 cup sugar
- 1/2 teaspoon salt
- 4 drops ube extract

Instructions


1. In a pan over medium heat, add the coconut cream and bring to a boil. Continue to cook, stirring occasionally, until liquid starts to thicken.
2. Lower heat and simmer. As the oil starts to separate and solids begin to form, regularly stir and scrape sides and bottom of the pan to prevent from burning.
3. Continue to cook and stir until curds turn golden brown. Using a fine-mesh sieve or colander, drain latik. Reserve oil.
4. Grease bottom and sides of a 9 x 13 x 1 baking pan with coconut oil. Set aside.
5. Wash the glutinous rice a few times until water runs almost clear. Drain well.
6. In a rice cooker, combine rice and water and cook until liquid is absorbed. Allow to cool to touch and fluff with a fork to separate grains.
7. In a wide non-stick skillet, combine coconut milk, ube halaya, sugar, and salt. Stir until well-blended.
8. Over medium heat, bring to a boil. Lower heat and continue to cook until slightly reduced and thickened.
9. Add ube extract and stir to distribute.
10. Add rice, gently stirring to evenly distribute.
11. Cook, stirring occasionally, for about 1 hour or until mixture is very thick, sticky, and pulls away from the sides of the pan.
12. Spoon the biko into the prepared baking dish and pat down with a lightly greased spatula to even out.
13. Lightly brush the top with coconut oil, cut into portions, and top with latik.

Notes

If using cooked mashed ube, adjust the amount of sugar to one cup.

Nutrition

Calories: 545kcal | Carbohydrates: 70g | Protein: 7g | Fat: 28g | Saturated Fat: 24g | Sodium: 21mg | Potassium: 425mg | Fiber: 3g | Sugar: 13g | Vitamin A: 17IU | Vitamin C: 4mg | Calcium: 30mg | Iron: 5mg



★★★★★
4.8 from 5 votes



Photos and recipe by Lalaine Manalo
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